

YEAR 10 GCSE PE; STAFF LEAD - ROS (Practical AFR/ROS)						
LESSON & STAFF	TYPE	LOCATION(S)	ACTIVITY/TOPIC			OTHER PE
1 MON 2	AFR/ROS	PRACTICAL	SH/F/HC	ATHLETICS/TABLE TENNIS/BADMINTON/TRAMPOLINING/NETBALL/FOOTBALL/DANCE		N/A
2 WED 4	AFR/ROS	PRACTICAL	SH/F/HC	ATHLETICS/TABLE TENNIS/BADMINTON/TRAMPOLINING/NETBALL/FOOTBALL/DANCE		N/A
1 THU 1	ROS	THEORY	RM 2	AUTUMN 2.1 Lever systems, examples of their use in activity and the mechanical advantage they provide in movement 2.2 Planes and axes of movement 1.2 The structure and functions of the cardiorespiratory system - Cardiovascular System - Respiratory System 1.3 Aerobic/anaerobic exercise and energy sources 1.3 Energy use, diet, nutrition and hydration 1.4 The short- and long- term effects of exercise		N/A
2 MON 1	ROS	THEORY	RM 2	SPRING 2.1 Classification of skills (basic/ complex, open/closed) Types of Practice (Massed, distributed, fixed & variable) 2.3 Guidance and feedback on performance 2.4 Mental Preparation		YR7 x2
2 THU 3	ROS	THEORY	RM 2	SUMMER COURSEWORK PREPARATION & PEP COMPLETION (to start prior to half term)		N/A

YEAR 11 GCSE PE; STAFF LEAD - AAR (Practical AFR/AAR)						
LESSON & STAFF	TYPE	LOCATION(S)	ACTIVITY/TOPIC			OTHER PE
1 THU 4	AFR/AAR	PRACTICAL	SH/F/HC	ATHLETICS/TABLE TENNIS/BADMINTON/TRAMPOLINING/NETBALL/FOOTBALL/DANCE		N/A
2 TUE 5	AFR/AAR	PRACTICAL	SH/F/HC	ATHLETICS/TABLE TENNIS/BADMINTON/TRAMPOLINING/NETBALL/FOOTBALL/DANCE		N/A
1 WED 4	AAR	THEORY	RM 2	PEPs		YR7 x2
2 WED 5	AAR/LFE	THEORY	RM 2	AUTUMN 3.1 Engagement patterns of different social groups 3.3 Ethical & socio-cultural issues 3.2 Commercialisation 3.5.5 PEDS		YR7 x2
2 THU 1	AAR/LFE	THEORY	RM 2	SPRING ONWARDS Revision		N/A